WHAT IS CLAIMED IS:

1. A method of slowing or arresting the flow of blood or other substance from an interference in a bodily tissue comprising positioning the openning of a vacuum cup over said interference, applying a vacuum to the interior cavity of said cup, and maintaining said vacuum until the flow has arrested or slowed.

2. The method of Claim 2, further comprising releasing the vacuum once the flow has arrested or slowed, and removing the cup from said interference.